

MIRKO

WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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MIRKO WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be working with an Upper/Lower Body Split, two days of each per week, with endurance work and optional training added on top of that.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Mirko Workout Routine: Sample Workout Schedule

Monday: Rabbit Upper Body and Speed A

Tuesday: Rabbit Lower Body and Speed A

Wednesday: HIIT or Mixed Martial Arts Optional Training

Thursday: Rabbit Upper Body and Speed B

Friday: Rabbit Lower Body and Speed B

Saturday: HIIT or Mixed Martial Arts Optional Training

Sunday: Mandatory Rest Day

Mirko Workout Routine: Rabbit Upper Body and Speed A

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Barbell Bench Press

3×8-12

Barbell Bent Over Rows

3×8-12

Seated Dumbbell Shoulder Press

3×8-12

Lat Pulldowns

3×8-12

Low Cable Chest Flyes

2×12-15

Dumbbell Curl

2×12-15

Overhead Dumbbell Tricep Extensions

2×12-15

Rope Cable Face Pulls

2×15-25

Mirko Workout Routine: Rabbit Lower Body and Speed A

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Back Squats

4×6-10

Glute Ham Raises

3×8-12

Alternating Forward Lunges

3×10-15 each leg

Lying Hamstring Curls

3×12-15

Standing Smith Machine Calf Raises

3×8-12

Blowout: 3 Rounds for Time

20 Double Unders

30 Second Wall Sit

10 Alternating Pistol Squats

30 Second Wall Sit

20 Double Unders

Rest 2 Min.

Mirko Workout Routine: Rabbit Upper Body and Speed B

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Pull Ups

3×10

Incline Dumbbell Bench Press

3×8-12

Standing Barbell Push Press

3×8-12

Cable Lat Pullovers

3×10-15

Close to Wide Push-ups

3×10-20

EZ-Bar Bicep Curl

3×12-15

Dumbbell Tricep Kickbacks

3×12-15

Mirko Workout Routine: Rabbit Lower Body and Speed B

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kickers

Workout:

Leg Press

3×8-12

Romanian Deadlift

3×8-12

Unilateral Dumbbell Shrug

3×8-15

Leg Extensions

3×12-15

Seated Machine Calf Raises

3×15-20

Hanging Leg Raises

4×20

Blowout: 3 Rounds for Time

20 Double Unders

30 Second Side Plank Right

20 Sit Ups

30 Second Side Plank Left

20 Double Unders

Rest 1 Min.

Mirko Workout Routine: Alternative Training Resources

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)

- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)